

## Mediterranean Bean Salad







| Recipe Rating |            |
|---------------|------------|
| Total Time    | 25 Minutes |
| Cooking Time  | None       |
| Total Labour  | 25 Minutes |

| Equipment                         |  |
|-----------------------------------|--|
| Chef's knife/Peeler/Cutting Board |  |
| Spoon /Spatula                    |  |
| Mixing Bowl or Pan                |  |

| Nutrition Facts                       |                      |
|---------------------------------------|----------------------|
| Valeur nutritive                      |                      |
| Per 1 serv (51g) / par 1 serv (51g)   |                      |
| Amount                                | % Daily Value        |
| Teneur                                | % valeur quotidienne |
| <b>Calories / Calories</b> 50         |                      |
| <b>Fat / Lipides</b> 2g               | 3%                   |
| Saturated / satures 1.5g              |                      |
| + Trans / trans 0g                    | 8%                   |
| <b>Cholesterol / Cholesterol</b> 10mg |                      |
| <b>Sodium / Sodium</b> 135mg          | 6%                   |
| <b>Carbohydrate / Glucides</b> 5g     | 2%                   |
| Fibre / Fibres less than 1g           | 3%                   |
| Sugars / Sucres 1g                    |                      |
| <b>Protein / Proteines</b> 2g         |                      |
| Vitamin A / Vitamine A                | 4%                   |
| Vitamin C / Vitamine C                | 4%                   |
| Calcium / Calcium                     | 6%                   |
| Iron / Fer                            | 2%                   |

# Mediterranean Bean Salad

|                                 | 25 Portions |           | 50 Portions |           |
|---------------------------------|-------------|-----------|-------------|-----------|
|                                 | Metric      | Standard  | Metric      | Standard  |
| English Cucumber, Fresh, Diced  | 250 gm      | 8.8 oz    | 500 gm      | 1.1 Lbs   |
| Corn, Fresh, Niblet (or canned) | 200 gm      | 7.1 oz    | 400 gm      | 14.2 oz   |
| Mixed Beans, Canned (drained)   | 200 gm      | 7.1 oz    | 400 gm      | 14.2 oz   |
| Roma Tomatoes, Fresh, Diced     | 150 gm      | 5.3 oz    | 300 gm      | 10.6 oz   |
| Red Onions, Diced               | 100 gm      | 3.5 oz    | 200 gm      | 7 oz      |
| Apple Cider Vinegar             | 35 mL       | 1.2 fl oz | 70 mL       | 2.4 fl oz |
| Oregano, Dried                  | 2.5 mL      | ½ tsp     | 5 mL        | 1 tsp     |
| Feta Cheese, Crumbled           | 250 gm      | 8.8 oz    | 500 gm      | 1.1 Lbs   |

| Method  |  |
|---|--|
|   | <p>1. Wash all fresh vegetables. Peel red onions. Uniformly dice all vegetables to approximately the same size. Drain mixed beans.</p>   |
|  | <p>2. In a large bowl, combine all ingredients except for the English cucumbers, tomatoes and feta cheese and mix with a spatula.</p>  |
|  | <p>3. Add the remaining ingredients.</p> <p>Serve Cold as a side dish to any entrée.</p>   |
|  | <p>4. <b>Bulk:</b> Portion into service dishes or leave in bulk for dining room service.</p> <p><b>Cold Plating:</b> plate alone or as a side dish. Place on the cold side of the tray prior to service.</p> |
| <p>Garnish: <b>Finely chopped herbs</b></p>   |  |
| <p>Food Accompany: <b>Any appropriate entrée</b></p>                                |  |